

CHILL'N ICIES (16 oz)*

VERY BERRY ICIE

STRAWBERRY, BLUEBERRY, RASPBERRY, HONEY, ICE

SUPER C ICIE

ORANGE, STRAWBERRY, RASPBERRY, HONEY, ICE

BLUEBERRY ICIE

BLUEBERRY, HONEY, ICE

STRAWBERRY ICIE

STRAWBERRY, HONEY, ICE

CLASSIC SMOOTHIES (16 oz)*

STRAWBERRY DELIGHT

STRAWBERRY, BANANA, YOGURT, HONEY, ICE

BLUE MOON

BLUEBERRY, BANANA, YOGURT, HONEY, ICE

BANANARAMA

BANANA, COCONUT MILK, YOGURT, HONEY, ICE

COLOR ME PINK

ORANGE, RASPBERRY, YOGURT, HONEY, ICE

IMMUNE BOOSTER

ORANGE, STRAWBERRY, COCONUT MILK, YOGURT, HONEY, ICE

BREAKFAST SMOOTHIE

ORANGE, BANANA, BLUEBERRY, YOGURT, 15G WHEY

PROTEIN POWDER, HONEY, ICE

AFTER SCHOOL SMOOTHIE

BANANA, PEANUT BUTTER, CHOCOLATE, YOGURT, 15G WHEY

PROTEIN POWDER, ICE

PREMIUM SMOOTHIES (12 oz)*

GREEN MANGO - VEGAN

SPINACH, MANGO, BANANA, COCONUT MILK, ORANGE JUICE,

WALNUTS, CHOOSE YOUR BOOST

RASPBERRY FIELDS - VEGAN

KALE, ORANGE JUICE, RASPBERRIES, STRAWBERRIES, AVOCADO,

APPLE, CHOOSE YOUR BOOST

**YOUR CHOICE OF BOOST - CHIA SEEDS, GOLDEN FLAX SEEDS,
WALNUTS, ALMONDS, OR WHEATGRASS JUICE**

VEGGIE JUICE (16 oz)*

CLASSIC CARROT (JUST CARROT)

CLEANSING COCKTAIL (CARROT, APPLE, CELERY, BEET)

DAILY BEET (CARROT, BEET, CELERY)

SKIPPER LOVES GINGER (CARROT, APPLE, GINGER)

GREEN ACRE (CARROT, APPLE, KALE, ROMAINE, CELERY, GINGER)

WHEATGRASS JUICE*

1 oz.

2 oz.


ADD WHEY PROTEIN POWDER (15GRAMS)

A LITTLE BIT ABOUT US...

Organic Bliss Gluten-Free Deli and Bakery is a locally owned and operated eatery. Our customers, our community, and the earth are important to us.

We are committed to using as many local, natural, and organic ingredients as possible. We strive to serve food that is free of chemicals, dyes, pesticides, unwanted additives, MSG, hormones, and antibiotics. Our food is prepared on site using cherished family recipes.

Everything we bake in our bakery is gluten free. We also are here to accommodate people with other allergies and sensitivities. Just give our baker a call to discuss your individual needs. We would **Love** to help you!



Organic Bliss

Gluten-Free Deli and Bakery

Offering Organic & Natural Foods,
and Refreshments

3723 N. King Road
Toledo, OH 43617

Monday - Friday 10:00 a.m. - 6:00 p.m.
Saturday 10:00 a.m. - 5:00 p.m.
Sunday - Closed

Please enjoy our Drive Thru
Monday - Friday starting at 7:00 a.m.
Saturday starting at 10:00 a.m.

Phone: 419-517-7799
Fax: 419-517-7796

www.organicblissmarket.com

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* AVAILABLE THROUGH DRIVE-THRU. ALL SANDWICHES SERVED COLD

SANDWICHES (AVAILABLE GLUTEN-FREE)

INCLUDES A 4 OZ DELI SALAD

- CALIFORNIA TURKEY AND CHEESE*** 7
ROASTED TURKEY BREAST, SWISS, ROMAINE, TOMATO, CUCUMBER, SHIITAKE & SESAME VINAIGRETTE
- DAVE'S HAM & CHEESE*** 7
BLACK FOREST HAM, SWISS, ROMAINE, TOMATO
- FARMERS CHICKEN CRUNCH** 9
MARINATED CHICKEN, PEPPERJACK, TOMATO, ONION, AVOCADO, MAYO, ON A GRILLED FLAT BREAD
- ROASTED CHICKEN WRAP*** 8
MARINATED CHICKEN, PARMESAN, ROMAINE, TOMATO, ONION, DILL PICKLE, SHIITAKE & SESAME VINAIGRETTE
- ALASKAN SALMON BURGER** 8
GRILLED WILD SALMON, ROMAINE, TOMATO, POPPYSEED DRESSING
- REUBEN TUESDAY** 7
ROASTED TURKEY BREAST, SWISS, SAUERKRAUT, 1000 ISLAND DRESSING
- NEW YORK CLUB*** 8
ROASTED TURKEY BREAST, BLACK FOREST HAM, TURKEY BACON, ROMAINE, TOMATO, MAYO
- BACON LETTUCE TOMATO*** 6
TURKEY BACON, LETTUCE, TOMATO, MAYO
- SPICY ROAST BEEF*** 9
LEAN ROAST BEEF, PEPPERJACK, ROMAINE, TOMATO, ONION, STONE GROUND, AND SPICY HONEY MUSTARD
- PHILLY CHEESE STEAK** 9
LEAN ROAST BEEF, SWISS, GRILLED ONIONS & GREEN PEPPERS, SHIITAKE & SESAME VINAIGRETTE
- CHICKEN QUESADILLA** 9
MARINATED CHICKEN, PEPPERJACK, GRILLED ZUCCHINI, ONION, GREEN PEPPER & TOMATO, SALSA
- HOMEMADE TUNA SALAD*** 8
HOMEMADE TUNA SALAD, ROMAINE, TOMATO
- OSCAR TUNA MELT** 9
HOMEMADE TUNA SALAD, CHEDDAR

Drive Thru Opens At 7:00 am

SANDWICHES - CONTINUED

- HOMEMADE CHICKEN SALAD*** 9
HOMEMADE CHICKEN SALAD, ROMAINE, TOMATO
- HOMEMADE CHICKEN SALAD MELT** 10
HOMEMADE CHICKEN SALAD, CHEDDAR
- VEGETARIAN** (AVAILABLE GLUTEN-FREE)
INCLUDES A 4 OZ DELI SALAD
- ZUCCHINI WRAP* - VEGAN** 8
GRILLED ZUCCHINI, ONION, KALAMATA OLIVES, TOMATO, SPINACH, AVOCADO, HUMMUS
- ZUCCHINI MELT*** 7
GRILLED ZUCCHINI, ONION & GREEN PEPPER, SWISS ROMAINE, TOMATO, DILL PICKLE, 1000 ISLAND DRESSING
- GARDEN FRESH VEGETABLE WRAP* - VEGAN** 6
ROMAINE, SPINACH, TOMATO, CARROT, ONION, CUCUMBER, GREEN PEPPER, PAPAYA POPPYSEED DRESSING
- MEDITERRANEAN WRAP*** 7
TABOULI, HUMMUS, FETA, ROMAINE, TOMATO, ONION, CUCUMBER, KALAMATA OLIVES
- FALAFEL WRAP* - VEGAN** 7
FALAFEL, TABOULI, HUMMUS, ROMAINE, TOMATO, ONION, CUCUMBERS, DILL PICKLE
- VEGGIE QUESADILLA** 7
PEPPERJACK, GRILLED ZUCCHINI, ONION, GREEN PEPPER & TOMATO
- HEARTY GRILLED CHEESE** 6
SWISS, CHEDDAR, ROMAINE, TOMATO
- TOLEDO CHEESY VEGGIE** 7
SWISS, GRILLED CARROTS, ONIONS & GREEN PEPPERS, SHIITAKE & SESAME VINAIGRETTE
- HARVEST VEGGIE BURGER - VEGAN** 7
WHOLE GRAIN VEGETABLE PATTY, ROMAINE, TOMATO, CARROT, ONION
- CARIBBEAN AVOCADO WRAP* - VEGAN** 8
AVOCADO, ROMAINE, SPINACH, TOMATO, CUCUMBER, BLACK BEANS, PAPAYA POPPYSEED DRESSING

Store Front Opens At 10:00 am

ADD 12 OZ CARROT JUICE TO ANY ORDER FOR \$2

ENTREE SALADS (HAND CHOPPED)

- SPINICH SALAD* - VEGAN** 9
SPINACH, GRILLED ZUCCHINI, TOMATO, GREEN PEPPERS, CUCUMBERS, AVOCADO, BLACK BEANS, LEMON JUICE & OLIVE OIL
- SPRINGTIME GARDEN SALAD* - VEGAN** 7
ROMAINE, SPINACH, TOMATO, CARROT, CUCUMBER, TOASTED ALMONDS, PAPAYA POPPYSEED DRESSING
- ATHENS GREEK SALAD*** 8
ROMAINE, TOMATO, ONION, CUCUMBER, GREEN PEPPER, KALAMATA OLIVES, FETA CHEESE, LEMON JUICE & OLIVE OIL
- ALMOND GRILLED CHICKEN SALAD*** 9
MARINATED CHICKEN, ROMAINE, TOMATO, CUCUMBER, PARMESAN CHEESE, TOASTED ALMONDS, RANCH DRESSING
- ELAINE'S QUESADILLA SALAD** 9
MARINATED CHICKEN, PEPPERJACK, ROMAINE, GRILLED ZUCCHINI, ONION, GREEN PEPPER, TOMATO, SALSA
- MEDITERRANEAN SALAD*** 9
MARINATED CHICKEN, TABOULI, HUMMUS, FETA, ROMAINE, TOMATO, ONION, CUCUMBER, KALAMATA OLIVES, CHICK PEAS, LEMON JUICE & OLIVE OIL

MAKE ANY SALAD ALL SPINACH FOR \$3
ADD A SALMON PATTY FOR \$3.50

BREAKFAST SANDWICHES* (AVAILABLE ALL DAY)

- CLASSIC** 7
EGGS AND CHEDDAR
- VEGGIE** 7
EGGS, CHEDDAR, SPINACH, TOMATOES, GRILLED ONION, GREEN PEPPER & CARROTS, ZUCCHINI
- MEAT** 7
EGGS, CHEDDAR, TURKEY BACON, HAM
- SOUTHWEST** 7
EGGS, PEPPERJACK, GRILLED ONION & GREEN PEPPER, SALSA

Lunch Served at 10:30 am